



— State of —
North Dakota
Office of the Governor
John Hoeven
Governor

PROCLAMATION
FAMILY DAY
A DAY TO EAT DINNER WITH YOUR CHILDREN
SEPTEMBER 25, 2006

WHEREAS, the use of illegal drugs and the abuse of alcohol and nicotine constitute significant threats to the well-being of America's children; and

WHEREAS, surveys conducted by the National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families, the less likely they are to smoke, drink and use illegal drugs; and

WHEREAS, teenagers who eat dinner with their families on a regular basis are 31 percent less likely than the average teenager to use illegal drugs, alcohol and cigarettes, while teenagers who do not eat dinner with their families are 72 percent more likely to use these substances; and

WHEREAS, parental influence is known to be one of the most crucial factors in determining the likelihood of substance abuse by teenagers, and the correlation between family dinners and reduced risk for teen substance abuse is well documented; and

WHEREAS, North Dakotans are encouraged to have dinner with their families on Family Day and every day, and to communicate with their children about the importance of leading substance-free lives.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim September 25, 2006, **FAMILY DAY – A DAY TO EAT DINNER WITH YOUR CHILDREN** in the state of North Dakota.

/s/
John Hoeven
Governor

Attest:

/s/
Alvin A. Jaeger
Secretary of State